

# Madison Pool - Winter Lessons 2019

13401 Meridian Ave N - 206-684-4979

**Winter 2019 Quarter Registration begins Tuesday, December 4, 2018 at Noon.**

Hints on register for swim lessons:

- \* Please read the lesson descriptions and prerequisites carefully to ensure that your child is registered for the correct activity.
- \* Please sign up for activities for the correct age group. Have your child pre-tested if necessary to ensure correct placement.
- \* We encourage participants to sign up for the entire quarter, not just one session at a time.
- \* Cancellations can occur if activities don't meet course minimum registrants.
- \* There is a 10% fee for processing all transfers and withdrawals.
- \* Sorry, we cannot give credits or make-ups for missed classes.

## Parent and Child Aquatics, Ages 6 months - 4 years old

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water, to participate fully in activities, and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games, and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

## Three-Year-Olds

*Start your child learning basic swimming skills and water safety in a small group with other 3-year-olds.*

We introduce children to basic water adjustment, and eventually learn these skills: front and back floats, kicking, arm pulls, and water safety skills. Children must have initial water comfort, and be able to work in the water with an instructor. To ensure safety and quality, we strive for a 3:1 student to instructor ratio.

## Kinder Lessons, Ages 4 & 5 years old

*Seattle Swims Lesson Program prepares and teaches 4 & 5-year-olds the basics in swimming for lifetime aquatic safety and enjoyment.*

Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawl Stroke with bilateral breathing, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we strive for a 6:1 student to instructor ratio.

## Beginning Swimmer, Ages 6- 16-years-old

*Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness, and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice, and instructor feedback.*

We group children by ability on the first day of class to provide the best opportunity for your child's success.

**Floating, Gliding, and Kicking:** Children get comfortable putting their face in the water and practice front, side, and back floating, gliding, and kicking. These skills provide the foundation for all other swimming strokes.

**Arm Strokes:** Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water, and deep water swimming.

**Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught at this level.

To ensure safety and quality, we strive for an 8:1 student to instructor ratio.

## Advanced Swimmer, Ages 6-16-years-old

*Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" activities. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.*

**Prerequisite:** Students must pass Beginning Swimmer, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating front crawl stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room in an activity.

**Learning new strokes:** Elementary Backstroke, Backstroke, Breaststroke, and Butterfly, plus continued practice swimming crawl stroke.

**Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught.

**Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes, plus safety and basic rescue techniques.

To ensure safety and quality, we strive for a 8:1 student to instructor ratio.



## Swimming Scholarship Fund!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children's Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low income scholarship offerings for youth group swim lessons. Please contact your local pool for more information and to receive a Low-Income Scholarship application. Funding is limited to one activity per quarter. Approved scholarships may be used for any of the following group swimming activities: Parent and Child Aquatics, Three-Year-Olds, Kinder Lessons, Beginning Swimmer, Advanced Swimmer, and Swim Team Prep.



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

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Class	Session	Days	Times	Dates	#Classes	Cost	Activity #
<b>Parent &amp; Child Aquatics</b> <b>PACA</b> Ages 6 mos.- 4 yrs. Parent and child learn water adjustment skills.	1	*Monday	1-1:30 p.m.	1/7-2/11	5	\$37.50	12714
		*Monday	5:30-6 p.m.	1/7-2/11	5	\$37.50	12713
		Wednesday	5:30-6 p.m.	1/9-2/13	5	\$37.50	12716
		Sunday	10:30-11 a.m.	1/20-2/17	5	\$37.50	12718
	2	Monday	1-1:30 p.m.	2/25-3/25	5	\$37.50	12721
		Monday	5:30-6 p.m.	2/25-3/25	5	\$37.50	12720
		Wednesday	5:30-6 p.m.	2/27-3/20	4	\$30.00	12722
		Sunday	10:30-11 a.m.	3/3-3/31	5	\$37.50	12723
<b>3 Year Olds</b> <b>Ages 3 yrs.</b> 3 to 1 ratio of student to instructor. 3 yr. olds are introduced to basic swimming skills.	1	*Monday	5:30-6 p.m.	1/7-2/11	5	\$65.00	12724
		Tuesday	5:30-6 p.m.	1/8-2/12	6	\$78.00	12725
		Wednesday	1-1:30 p.m.	1/9-2/13	6	\$78.00	12726
		Wednesday	5:30-6 p.m.	1/9-2/13	6	\$78.00	12728
		Thursday	5:30-6 p.m.	1/10-2/14	6	\$78.00	12729
		Friday	4:30-5 p.m.	1/11-2/15	6	\$78.00	12730
		Sunday	10:30-11 a.m.	1/20-2/17	5	\$65.00	12732
		Sunday	2:00-2:30 p.m.	1/20-2/17	5	\$65.00	12734
	2	Monday	5:30-6 p.m.	2/25-3/25	5	\$65.00	12737
		Tuesday	5:30-6 p.m.	2/19-3/19	5	\$65.00	12738
		Wednesday	1-1:30 p.m.	2/20-3/27	6	\$78.00	12739
		Wednesday	5:30-6 p.m.	2/20-3/20	5	\$65.00	12741
		Thursday	5:30-6 p.m.	2/21-3/28	6	\$78.00	12743
		Friday	4:30-5 p.m.	2/22-3/29	6	\$78.00	12746
		Sunday	10:30-11 a.m.	3/3-3/31	5	\$65.00	12735
		Sunday	2:00-2:30 p.m.	3/3-3/31	5	\$65.00	12736
<b>Kinders</b> <b>Ages 4 &amp; 5 yrs.</b> From water adjustment to swimming on front and back. Students are sorted into groups by skill ability on the first day. Group placement will vary session to session.	1	*Monday	5:30-6 p.m.	1/7-2/11	5	\$45.00	12753
		*Monday	6-6:30 p.m.	1/7-2/11	5	\$45.00	12750
		*Monday	7-7:30 p.m.	1/7-2/11	5	\$45.00	12749
		Tuesday	2-2:30 p.m.	1/8-2/12	6	\$54.00	12754
		Tuesday	5:30-6 p.m.	1/8-2/12	6	\$54.00	12755
		Wednesday	5:30-6 p.m.	1/9-2/13	6	\$54.00	12756
		Wednesday	6-6:30 p.m.	1/9-2/13	6	\$54.00	12757
		Wednesday	6:30-7 p.m.	1/9-2/13	6	\$54.00	12758
		Wednesday	7-7:30 p.m.	1/9-2/13	6	\$54.00	12759
		Thursday	5:30-6 p.m.	1/10-2/14	6	\$54.00	12760
		Friday	5-5:30 p.m.	1/11-2/15	6	\$54.00	12762
		Sunday	11-11:30 a.m.	1/20-2/17	5	\$45.00	12765
	2	Sunday	2-2:30 p.m.	1/20-2/17	5	\$45.00	12769
		Sunday	2:30-3 p.m.	1/20-2/17	5	\$45.00	12770
		Monday	5:30-6 p.m.	2/25-3/25	5	\$45.00	12771
		Monday	6-6:30 p.m.	2/25-3/25	5	\$45.00	12772
		Monday	7-7:30 p.m.	2/25-3/25	5	\$45.00	12773
		Tuesday	2-2:30 p.m.	2/19-3/26	6	\$54.00	12774
		Tuesday	5:30-6 p.m.	2/19-3/19	5	\$45.00	12776
		Wednesday	5:30-6 p.m.	2/20-3/20	5	\$45.00	12777
		Wednesday	6-6:30 p.m.	2/20-3/20	5	\$45.00	12778
		Wednesday	6:30-7 p.m.	2/20-3/20	5	\$45.00	12779
		Wednesday	7-7:30 p.m.	2/20-3/20	5	\$45.00	12780
		Thursday	5:30-6 p.m.	2/21-3/28	6	\$54.00	12781
		Friday	5-5:30 p.m.	2/22-3/29	6	\$54.00	12782
		Sunday	11-11:30 a.m.	3/3-3/31	5	\$45.00	12783
		Sunday	2-2:30 p.m.	3/3-3/31	5	\$45.00	12784
		Sunday	2:30-3 p.m.	3/3-3/31	5	\$45.00	12785

\* No Lessons on Monday, January 18 in observance of MLK Jr.'s Birthday.

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Class	Session	Days	Times	Dates	#Classes	Cost	Activity #		
<b>Beg. Swimmer</b> <b>Ages 6 – 16 yrs.</b> Swimming techniques with the use of drills and instructor feedback. Students are sorted into groups by skill ability on the first day. Group placement will vary session to session.	1	*Monday	6:30-7 p.m.	1/7-2/11	5	\$37.50	12788		
		Tuesday	5-5:30 p.m.	1/8-2/12	6	\$45.00	12794		
		Tuesday	6-6:30 p.m.	1/8-2/12	6	\$45.00	12795		
		Wednesday	6-6:30 p.m.	1/9-2/13	6	\$45.00	12805		
		Wednesday	6:30-7 p.m.	1/9-2/13	6	\$45.00	12807		
		Thursday	2-2:30 p.m.	1/10-2/14	6	\$45.00	12808		
		Thursday	5-5:30 p.m.	1/10-2/14	6	\$45.00	12809		
		Thursday	6-6:30 p.m.	1/10-2/14	6	\$45.00	12810		
		Friday	5:30-6 p.m.	1/11-2/15	6	\$45.00	12811		
		Sunday	11:30 a.m. - Noon	1/20-2/17	5	\$37.50	12812		
		Sunday	2:30-3 p.m.	1/20-2/17	5	\$37.50	12813		
		Sunday	3-3:30 p.m.	1/20-2/17	5	\$37.50	12814		
		Monday	6:30-7 p.m.	2/25-3/25	5	\$37.50	12816		
		Tuesday	5-5:30 p.m.	2/19-3/19	5	\$37.50	12817		
	Tuesday	6-6:30 p.m.	2/19-3/19	5	\$37.50	12818			
	2	Wednesday	6-6:30 p.m.	2/20-3/20	5	\$37.50	12819		
		Wednesday	6:30-7 p.m.	2/20-3/20	5	\$37.50	12820		
		Thursday	2-2:30 p.m.	2/21-3/28	6	\$45.00	12821		
		Thursday	5-5:30 p.m.	2/21-3/28	6	\$45.00	12822		
		Thursday	6-6:30 p.m.	2/21-3/28	6	\$45.00	12823		
		Friday	5:30-6 p.m.	2/22-3/29	6	\$45.00	12824		
		Sunday	11:30 a.m. - Noon	3/3-3/31	5	\$37.50	12825		
		Sunday	2:30-3 p.m.	3/3-3/31	5	\$37.50	12826		
		Sunday	3-3:30 p.m.	3/3-3/31	5	\$37.50	12827		
		<b>Adv. Swimmer</b> <b>Ages 6 – 16 yrs.</b> 25 yards of crawl stroke with good side breathing & a good Breaststroke kick required.	1	*Monday	7-7:30 p.m.	1/7-2/11	5	\$37.50	12828
				Tuesday	6-6:30 p.m.	1/8-2/12	6	\$45.00	12829
				Wednesday	7-7:30 p.m.	1/9-2/13	6	\$45.00	12830
				Thursday	2-2:30 p.m.	2/21-3/28	6	\$45.00	14457
Thursday				6-6:30 p.m.	1/10-2/14	6	\$45.00	12831	
Sunday	3-3:30 p.m.			1/20-2/17	5	\$37.50	12832		
2	Monday		7-7:30 p.m.	2/25-3/25	5	\$37.50	12833		
	Tuesday		6-6:30 p.m.	2/19-3/19	5	\$37.50	12834		
	Wednesday		7-7:30 p.m.	2/20-3/20	5	\$37.50	12835		
	Thursday		2-2:30 p.m.	2/21-3/28	6	\$45.00	14458		
	Thursday		6-6:30 p.m.	2/21-3/28	6	\$45.00	12836		
	Sunday		3-3:30 p.m.	3/3-3/31	5	\$37.50	12837		
	<b>Swim Team Prep</b>		1	*Monday	7-7:30 p.m.	1/7-2/11	5	\$37.50	12676
				Wednesday	7-7:30 p.m.	1/9-2/13	6	\$45.00	12695
2		Monday	7-7:30 p.m.	2/25-3/25	5	\$37.50	12692		
		Wednesday	7-7:30 p.m.	2/20-3/20	5	\$37.50	12697		
<b>Diving</b>	1	Sunday	1:30-2:00 p.m.	1/20-2/17	5	\$37.50	12674		
	2	Sunday	1:30-2:00 p.m.	3/3-3/31	5	\$37.50	12675		
<b>Adult Lessons</b> <b>Ages 16 yrs. &amp; up</b>	1	Tuesday	6:30-7 p.m.	1/8-2/12	6	\$45.00	12669		
		Thursday	6:30-7 p.m.	1/10-2/14	6	\$45.00	12671		
	2	Tuesday	6:30-7 p.m.	2/19-3/19	4	\$30.00	12670		
		Thursday	6:30-7 p.m.	2/21-3/28	5	\$37.50	12673		
<b>Special Populations</b> <b>Ages 6-16 yrs.</b> Small group lessons for youth with cognitive, developmental, or physical special needs. We maintain a ratio of 2:1 or 1:1 depending on space, ability, and need.	1	*Monday	5-5:30 p.m.	1/7-2/11	5	\$37.50	12995		
		Tuesday	6:30-7:00pm	1/8-2/12	6	\$45.00	12997		
		Wednesday	5-5:30 p.m.	1/9-2/13	6	\$45.00	13002		
		Thursday	6:30-7:00pm	1/10-2/14	6	\$45.00	13007		
		Friday	5-5:30 p.m.	1/11-2/15	6	\$45.00	13010		
		Sunday	2-2:30 p.m.	1/20-2/17	5	\$37.50	12993		
		Monday	5-5:30 p.m.	2/25-3/25	5	\$37.50	12996		
		Tuesday	6:30-7:00pm	2/19-3/19	5	\$37.50	12998		
	2	Wednesday	5-5:30 p.m.	2/20-3/20	5	\$37.50	13003		
		Thursday	6:30-7:00pm	2/21-3/28	6	\$45.00	13009		
		Friday	5-5:30 p.m.	2/22-3/29	6	\$45.00	13011		
		Sunday	2-2:30 p.m.	3/3-3/31	5	\$37.50	12994		
		Tuesday	2:30-3 p.m.	1/8-2/12	6	\$45.00	13000		
		Wednesday	5-5:30 p.m.	1/9-2/13	6	\$45.00	13012		
		Friday	4:30-5 p.m.	1/11-2/15	6	\$45.00	13017		
		Thursday	2:30-3 p.m.	2/19-3/19	6	\$45.00	12999		
<b>Adult Special Populations</b> <b>Ages 17 and older</b> We maintain a ratio of 2:1 or 1:1 depending on space, ability, and need.	1	Wednesday	5-5:30 p.m.	2/20-3/20	5	\$37.50	13013		
		Friday	4:30-5 p.m.	1/11-2/15	6	\$45.00	13018		
	2								
<b>Special Population Lessons</b>	These are small group lessons for persons with cognitive, developmental, or physical special needs. Please call for availability and to be waitlisted as necessary.								
* No Lessons on Monday, January 18 in observance of MLK Jr.'s Birthday.									